

# LUNCH

September 2017

Crestwood School

## Lunch Fact

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



\* Monday

\* Tuesday

\* Wednesday

Thursday

\* Friday

**ALL MENU ITEMS ARE SUBJECT TO CHANGE**

**Breakfast Sides:** Assorted Fresh Fruit, Fruit Juices & Milk Variety

**Three Daily Lunch Entrée Choices:** Hot Entrée, Soy Butter & Jelly Sandwich or Salad/ Wrap ~

**Breakfast Prices:** Reduced \$0.30 Paid \$1.50 Adult \$2.50

**Lunch Prices:** Reduced \$0.40 Paid \$2.75 Adult \$3.75

LABOR DAY  
No School

4

Bagel w/ Cream Cheese  
*Or Cereal & Side*  
**Cheese Quesadillas** (260 calories)  
Chicken Caesar Salad w/ Breadstick  
Fresh Cauliflower, Refried Beans  
Fresh Apple, Peach  
Milk

5

Biscuit & Gravy  
*Or Cereal & Side*  
**Philly Cheese Chicken on Bun** (220 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Sautéed Onions & Peppers  
Applesauce, Fresh Orange Wedges  
Milk

6

Cinnamon Roll  
*Or Cereal & Side*  
**French Toast Sticks w/ Sausage** (300 cal)  
Chef Salad w/ Breadstick  
Hash Brown, Baby Carrots  
Fresh Grapes, Pears  
Milk

7

Pancake Wrapped Sausage  
*Or Cereal & Side*  
**Cheese Pizza** (270 calories)  
Roast Beef & Cheese Wrap  
Sweet Fries, Romaine Salad  
Banana, Fruit Cocktail  
Milk

8

WG Donut Stick  
*Or Cereal & Side*

1

11:35 Dismissal  
No Lunch Served

Sausage Breakfast Pizza  
*Or Cereal & Side*

11

**Sloppy Joe on Bun** (220 calories)  
Turkey & Cheese Wrap  
Fresh Broccoli, Green Peas  
Slushies, Fresh Apple  
Milk

Mini Pancakes w/ Syrup  
*Or Cereal & Side*

12

**Turkey & Noodles** (260 calories)  
Greek Chicken Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Pears, Fresh Grapes  
Milk

Biscuit & Gravy  
*Or Cereal & Side*

13

**Chicken Teriyaki w/ Rice** (230 calories)  
Ham & Cheese Wrap  
Sliced Carrots, Fresh Cucumber  
Pineapple Slices, Fresh Chunk Melon  
Milk

Bacon Breakfast Boat  
*Or Cereal & Side*

14

**Fish Sticks** (290 calories)  
Crispy Asian Chicken Salad w/ Breadstick  
Potato Smiles, Celery Sticks  
Fruit/Veg Juice Blend, Fresh Kiwi  
Milk

Sausage & Cheese Biscuit  
*Or Cereal & Side*

15

**Cheeseburger on Bun** (300 calories)  
Roast Beef & Cheese Wrap  
Lettuce & Tomato, Baked Beans  
Fruit Cocktail, Banana  
Milk

Ham, Egg and Cheese English Muffin  
*Or Cereal & Side*

18

**Popcorn Chicken** (210 calories)  
Turkey & Cheese Wrap  
Fresh Cauliflower, Corn  
Fresh Apple, Slushies  
Milk

Bagel w/ Cream Cheese  
*Or Cereal & Side*

19

**Corn Dog** (270 calories)  
Chicken Caesar Salad w/ Breadstick  
Baby Carrots, French Fries  
Fresh Grapes, Pears  
Milk

Biscuit & Gravy  
*Or Cereal & Side*

20

**Taco Max Snacks** (240 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Refried Beans  
Applesauce, Fresh Chunked Melon  
Milk

Cinnamon Roll  
*Or Cereal & Side*

21

**BBQ Pork Nachos w/ Cheese** (265 calories)  
Chef Salad w/ Breadstick  
Cole Slaw, Baked Beans  
Fresh Orange, Pineapple Slices  
Milk

Pancake Wrapped Sausage  
*Or Cereal & Side*

22

**Cheese Pizza** (270 calories)  
Roast Beef & Cheese Wrap  
Sweet Fries, Romaine Salad  
Banana, Fruit Cocktail  
Milk

Sausage Breakfast Pizza  
*Or Cereal & Side*

25

**Country Fried Steak w/ Gravy** (260 cal)  
Turkey & Cheese Wrap  
Fresh Broccoli, Mashed Potatoes  
Slushies, Fresh Apple  
Milk

Mini Pancakes w/ Syrup  
*Or Cereal & Side*

26

**Grilled Cheese** (190 cal) w/ **Soup**  
Greek Chicken Salad w/ Breadstick  
Tomato Soup, Baby Carrots  
Pears, Fresh Grapes  
Milk

Biscuit & Gravy  
*Or Cereal & Side*

27

**Chicken Cordon Bleu on Bun** (240 calories)  
Ham & Cheese Wrap  
Fresh Cucumber, Tater Tots  
Fresh Chunked Melon, Pineapple Slices  
Milk

Bacon Breakfast Boat  
*Or Cereal & Side*

28

**Cheese & Pepperoni Calzone** (300 cal)  
Crispy Chicken Asian Salad w/ Breadstick  
Mashed Potatoes, Baby Carrots  
Fresh Kiwi, Fruit/Veg Juice Blend  
Milk

Sausage & Cheese Biscuit  
*Or Cereal & Side*

29

**Cheeseburger on Bun** (300 calories)  
Roast Beef & Cheese Wrap  
Baked Beans, Lettuce & Tomato  
Fruit Cocktail, Banana  
Milk